

Think Before You Drink

**Adapted from the Weigh to Live Program
Darnall Army Community Hospital, Fort Hood, Texas**

Liquid Candy



- Shown is the amount of sugar in one 20 oz bottle of Mountain Dew.
- Two bottles of any regular 20 oz soda per day equal the calories in a pound of fat a week.

Isn't Fruit Juice Healthy?

- 100% fruit juice is more nutritious than soda or fruit punch.
- **But** the calories add up quickly!
- Limit fruit juice to a small cup in the morning.
- Eat fruit instead.

What about sports drinks?

- Remember - Sports drinks contain calories.
- During normal activity, sports drinks are not needed to re-hydrate your body.
- Hydrate with sports drinks when doing heavy aerobic activity or getting used to a hot environment.

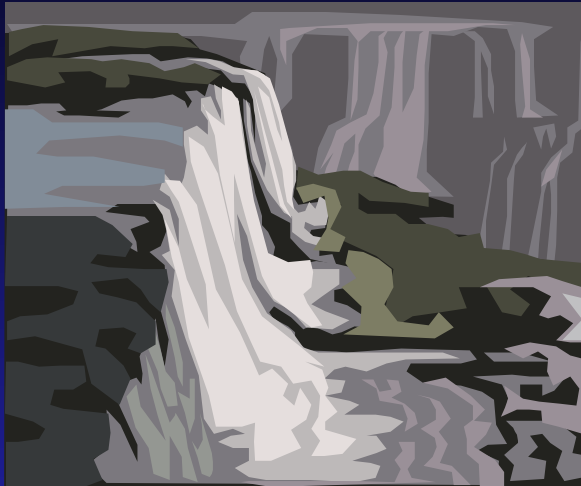
Guess the Amount of Sugar

- Coca-Cola, 20 oz.
- Mountain Dew, 20 oz
- Gatorade, 20 oz
- Kool-Aid, 20 oz
- Capri Sun, 10 oz
- Orange Juice, 15.5 oz bottle
- Snapple Iced Tea, 16 oz
- Water, any size

Guess the Amount of Sugar

- Coca-Cola, 20 oz.
 - ◆ 17 tsp
- Mountain Dew, 20 oz
 - ◆ 19 tsp
- Gatorade, 20 oz
 - ◆ 9 tsp
- Kool-Aid, 20 oz
 - ◆ 10 tsp
- Capri Sun, 10 oz
 - ◆ 6 $\frac{1}{4}$ tsp
- Orange Juice, 15.5 oz bottle
 - ◆ 13 tsp
- Snapple Iced Tea, 16 oz
 - ◆ 12 $\frac{1}{2}$ tsp
- Water, any size
 - ◆ none

Water



8 –12 Cups is Enough
Make sure urine color
is a pale yellow and
not clear

How many
servings in
your water
bottle?

■ Benefits of Water

- ◆ regulate appetite
- ◆ increase metabolism
- ◆ boost energy levels
- ◆ less water retention
- ◆ alleviate some headaches
- ◆ help reduce blood pressure
- ◆ help reduce high cholesterol
- ◆ ease joint pain
- ◆ decrease in risk of some cancers
- ◆ less chance developing kidney stones
- ◆ release toxic waste products
- ◆ improves skin

Caffeine in Moderation

- Caffeine increases alertness and physical performance
- Over use + little water intake could lead to dehydration



Product	Serving Size	Caffeine (Mg)
Starbucks Coffee	Grande 16 oz	320
Coffee, Brewed	16 oz	270
Starbucks Espresso	2 oz	178
Red Bull	8.2 oz	80
Mountain Dew	12 oz	55
Snapple Tea	16 oz	48
Diet or Reg Coca Cola	12 oz	45-47
Tea, brewed	8 oz	20 to 90

Milk Benefits



How many servings do you get a day?



8 oz

- Calcium for strong bones
- Protein for alertness
- Carbohydrates for energy
- Calcium and mystery ingredient for body fat loss
- Recommend 3 servings per day

Alcohol



- Moderation is:
 - ◆ 1 a day for women
 - ◆ 2 a day for men
- A serving is:
 - ◆ 4 oz wine
 - ◆ 1 ½ oz liquor
 - ◆ 12 oz beer
- May help increase HDL's
 - ◆ Don't start drinking if you or a relative has alcohol abuse problems